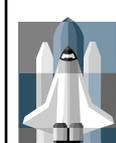


# Psychosocial Rehabilitation and Recovery Center (PRRC)

## San Bruno VA Clinic ~ Spring 2013 Schedule ~ April-June

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  |
|---|--|---|--|---|
| <p><b>Additional PRRC classes at Ft. Miley</b></p>  |  <p><b>Orientation</b><br/>10:00 – 10:45 am<br/>By appointment<br/>Conference Room<br/><i>Offered by V-TEL</i></p>                            | <p><b>Veterans Community Council</b><br/>9:00 – 9:45 am<br/>Dan's office Rm 38<br/><i>Offered by V-TEL</i></p>                     | <p><b>Music Over Mood</b><br/>9:00 – 9:45 am<br/>Dan<br/>Conference Room<br/><i>Offered by V-TEL</i></p>                                    | <p><b>Anger Management Support</b><br/>9:00 – 10:00<br/>Conference Room<br/><i>*Pre-Registration Only</i></p>    |
| <p><b>Recovering Your Dreams</b><br/>10:00 – 10:45 am<br/>Dianne<br/>Conference Room<br/><i>*Broadcast from Fort Miley Offered by V-TEL</i></p>  | <p><b>Community Meeting</b><br/>11:15 – 12:00pm<br/><i>*1<sup>st</sup> Tues of month Offered by VTEL Conference Room Or backup Rm 38</i></p>  | <p><b>Spiritual Support</b><br/><i>by appt</i><br/>Chaplain Jon Wright<br/>(415) 221-4810 x4505</p>                                 | <p><b>Art of Life</b><br/>10:00 – 11:00 am<br/>11:00 – 11:45 am<br/>Richard and Adrian<br/>Conference Room<br/><i>Offered by V-TEL</i></p>  | <p><b>Orientation</b><br/>10:00 – 10:45 am<br/>By appointment<br/>Room 36<br/><i>Offered by V-TEL</i></p>    |
| <p><b>Vet 2 Vet</b><br/>11:00 – 11:45<br/>Conference Room<br/><i>Offered by V-TEL</i></p>    | <p><b>MOVE with Recovery</b><br/>11:30 – 12:15 pm<br/>Dan and Janet<br/>Meet in Lobby</p>   | <p><b>WRAP and Roll</b><br/>10:00 – 11:30 am<br/>Dan<br/>Conference Room<br/><i>Offered by V-TEL</i></p>                             | <p><b>MOVE with Mindfulness</b><br/>11:30 – 12:30 pm<br/>Dan<br/>Meet in Lobby</p>    | <p><b>Vietnam Vet Stress Management</b><br/><i>*By appointment ONLY Tuesday and Friday</i><br/>Judith<br/>Conference Room</p>    |
| <p><b>Veterans Story Corps</b><br/>12:30 – 2:00 pm<br/>Richard, Laura, Dan<br/>Conf Rm<br/><i>Offered by V-TEL</i></p>                           | <p><b>Rise Above Depression</b><br/>1:00 – 1:45 pm<br/>John and Dan<br/>Conf Rm by VTEL</p>   | <p><b>AI-Anon Meeting</b><br/>12:00 – 1:00 pm<br/>Conference Room</p>    | <p><b>LifeRing</b><br/>12:00 – 1:00 pm<br/>LifeRing Staff<br/>Room 18</p>   | <p><b>MM</b> 12:00 – 1:00 pm<br/>REGISTER VIA DAN<br/>MODERATION MANAGEMENT</p>    |
| <p><b>Reducing Isolation</b><br/>2:00-3:00 pm<br/>Dan<br/>Conference Room</p>   | <p><b>Peer Support</b><br/>2:00 – 2:30 pm<br/>John<br/>Conference Room</p>   | <p><b>Launch Into the Community</b><br/>2:30-3:30pm</p> <p>April: Veteran's Building<br/>May: Veteran's Commons<br/>June: ILRC</p>  | <p><b>Mindfulness</b><br/>1:00 – 2:00 pm<br/>Dan, Richard, Lianna<br/>Conference Room<br/><i>Offered by V-TEL</i></p>                      | <p><b>ILRC Meetings: Photography Class, Vet to Vet, Writing and RESMO Workshops</b><br/><i>(In person-not by vtel)</i><br/><i>*All Veterans Welcome*</i><br/>649 Mission St @ 3<sup>rd</sup>St,<br/>3<sup>rd</sup> Floor<br/>FRIDAYS 1PM-4PM</p>  |
| <p><b>Women Create!</b><br/>Lianna/Laura<br/><i>*Register*</i><br/>Conference Room<br/><i>Offered by V-TEL 2:30-4:00pm</i></p>                 | <p><b>Hope and Support</b><br/>3:00 – 3:45 pm<br/>Dan<br/>Room 38<br/><i>Offered by V-TEL Pre-registration required</i></p>                 | <p><b>Individual Recovery Advising</b><br/>available by appointment<br/>with Dan Evenhouse LCSW</p>                              |  |   |

**San Bruno Clinic (650) 615-6019**  
**Fort Miley (415) 221-4810 x6019**

**RED = PRRC Classes**

**BLACK = other VA groups**

*\*PRRC NOT responsible for content or scheduling\**